



01G - Imbalance to Penetrate / Changing Point of Attack

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 26-Jan-2017 16:00h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Imbalance/open up opponent to penetrate focused on changing the point of attack

PASSING/RECEIVING WARMUP - COMBINATION PLAY

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Receiving player moves from middle grid out to receive ball, turns and plays combination with outside player. Reds work, then blues work.

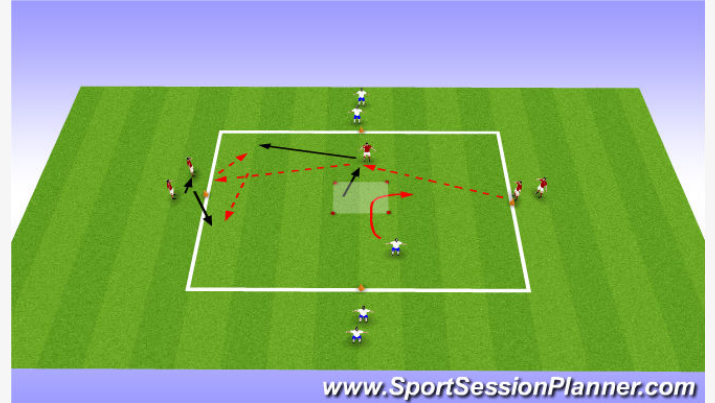
TEMPO

RHYTHM

SHARPNESS

AWARENESS

QUALITY



WHOLE 1: POSSESSION TO CORNERS - DIRECTIONAL

POSSESSION TO 4 CORNERS:

DIRECTIONAL.

CAN SCORE IN EITHER CORNER.

1 POINT IF PASS/DRIBBLE THROUGH CENTRAL GATE. 2

POINTS IF SCORE IN CORNER.

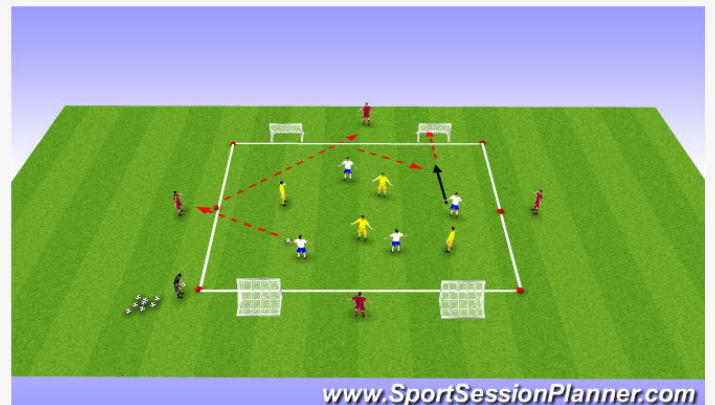
WHEN A TEAM SCORES THEY TRANSITION TO DEFEND/OR RECEIVE BALL TO BEGIN ATTACKING AGAIN.



PART: 3v3+2N TO SMALL GOALS

4v4+4N TO SMALL GOALS:

N players have 2 touches to play to a player, 1 touch to score.



WHOLE 2: 9v8 TO CORNERS W/ SMALL GOALS & BIG GOALS

GAME TO 2 CORNERS W/SMALL GOALS, AND BIG GOALS:
TEAM ATTACKING ZONES MUST PLAY INTO A ZONE FIRST,
THEN LINK WITH A SUPPORTING PLAYER TO SCORE IN THE
SMALL GOALS. THEY THEN TRANSITION TO SCORE IN THE
TWO BIG GOALS.

WHEN A TEAM SCORES THEY TRANSITION TO DEFEND/OR
RECEIVE BALL TO ATTACK AGAIN.

